

Patient – Doctor/Healer Agreement

As your patient, you and I are entering into a partnership. As such - and with all due respect - I'd like to clarify a few things about the terms of this partnership and how I hope we can work together with the mutual goal of my whole health and healing.

My Voice Matters

I agree to speak up and use the voice of my intuition. I understand that you are not giving orders, but rather, you are giving advice based on your knowledge, training, and intuition. Both of our voices are equally important if we are to be partners. I am not here to be "fixed" because I am not broken. I am here to be supported, guided, and given the tools to support my own healing process.

I Can Heal Myself

I fully believe that, with your support, I hold within me everything I need to get well. Although you will support me, by educating me, giving me choices, answering my questions, and making recommendations, I know that I am here to be the force behind my own healing. You may offer me the tools you have become an expert in providing - drugs, surgeries, and any other treatments you deem helpful, but I understand that I must do the heavy lifting myself. If I am not ready, willing, or able to be a proactive force in my own healing process, you will be here to nurture and support me, but I understand that the process will be less powerful, with less dramatic results.

We Are Equals

Although I respect your many years training, I hope you will treat me as a cherished equal. I'm the one living with my health conditions, and no one knows my body better than I do. If I come to you after doing my own research, I hope you will listen to my intuition about what my body needs. In order for our partnership to be successful, we must respect each other. I will not put you on a pedestal, and I hope you will not look down upon me. When possible, please make every attempt to speak to me when I am dressed. And although I know unexpected emergencies do arise, I hope you will remember that my time is as valuable to me as yours is to you. When we spend time together, I hope you will focus your full attention on me, and I will offer you the same.

Please, Don't Forget That Nurturing Care Heals

If you have to share something with me that might make me scared, please do it with compassion. If you have bad news to share, please sit with me and offer me some form of healing touch. If that feels uncomfortable for you, at least offer me kind words to reassure me that we're in this together.

Trust My Intuition

I trust that you will call upon your knowledge, experience, and resources to offer me recommendations for preventative care, diagnostic workups, and treatment plans, but I hope you will also invite me to listen to the intuition of my healing inner wisdom, my body, and my soul. Please understand that the reason I do my own medical research is to garner knowledge about my illness. I do this not because I don't trust you, but because it's the only way I feel empowered.

Please offer me your best guidance based on your expertise, and please explain why you make the recommendations you do, but please also respect my autonomy, without judgment. Please don't take it personally if I question you. If I choose not to follow your advice, we will negotiate another plan that resonates with my intuition. In exchange, I agree to follow through on any treatment plan we agree upon. If our treatment plan does not resonate with my body's wisdom, or if I have financial constraints, I will tell you so that we can modify our plan. I understand that follow through is key. We must walk this path together in order to manifest the results I know we can achieve together.

Ultimately, the choices for how we proceed will always be a compromise between my intuition and yours. If you are unable to provide the care I need or desire, I understand that I may need to find another provider without taking it personally. I also understand if our current medical-legal climate makes you ask me to sign a release sometimes. I won't take it personally.

We Must Be Honest With Each Other

We have to be open and tell the truth, even if it is painful or uncomfortable. You will promise me confidentiality, and I promise to tell you anything you need to know in order to provide the best medical care possible. We must trust that we are safe together, so we can explore things that may be tough to explore. We must open our hearts to the loving kindness and compassion that is a necessary part of any healing relationship.

I'm Doing The Best I Can, and So Are You

As patient and doctor, we agree to accept that we're both doing the best we can at any given time, and we won't always get it right. We commit to open communication, mutual respect, a belief in the infinite capacity for whole health and healing, and a dedication to cherishing the process and viewing health issues as an opportunity to seek higher ground.

We acknowledge that, between you and me, anything is possible.

Are you on board? If so, sign here.

Your Patient